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IN THE UNITED STATES PATENT OFFICE

Inventor : Alexander Goen SZYNALSKI  
Serial No. : 09/427,447  
Filing Date : 27 Oct 1999  
Title : Stop Smoking Methods  
10 Group Art Unit : 2166  
Examiner : Samuel RIMELL, Esq.

Assistant Commissioner of Patents  
Washington, DC 20231

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AMENDMENT

Please amend pending claims 1 and 11 to read:

20 1. A method for helping a tobacco smoker to stop smoking, said method comprising the steps of:

25 (A) providing to a tobacco smoker an non-conditioning, educational program to educate said tobacco smoker's conscious mind, said educational program including education both on the disadvantages of smoking and on conscious techniques to stop smoking,

30 (B) providing to said tobacco smoker at least one hypnosis program to train said tobacco smoker's subconscious mind to discourage said tobacco smoker from performing smoking behavior, and

35 C (C) providing to said tobacco smoker <sup>lobelia</sup> ~~an anti-smoking drug~~ in an amount effective to aid in the reduction or cessation of said tobacco smoker's craving to smoke tobacco,

40 such that said tobacco smoker can be helped to stop smoking.

45 11. A product to aid a tobacco smoker in ceasing to smoke tobacco, said product comprising:

50 (A) means for educating said tobacco smoker's conscious mind, said educational program including non-conditioning education both on the disadvantages of smoking and on conscious techniques to stop smoking,

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